

Outline

The Guiding Principles

Research on Suicide and Research Limitations

Research on numbers/methods/treatment  
Limitations of a “psychological autopsy”  
No causality in research

The Neurobiological Basis of Suicide

Who Is At Risk?

Mental Disorders  
Depression  
Anxiety  
Trauma  
Psychosis  
Addictions  
Personality Disorders  
Other DSM-5® Considerations  
Social Stress Factors  
Adults Factors  
Adolescent Factors  
Childhood Factors  
Psychological Vulnerabilities  
Performance Anxiety  
Emotional Constriction  
Defenseless Personality  
Adaptive Suicide Protectors  
Maladaptive Suicide Protectors  
Fueling Emotions to Suicide and Self-Harm

Non Suicidal Self-Injury (NSSI) -  
The Self-Harming Population

All Behaviors Are Purposeful!  
Relief from:  
Dissociative Conditions  
Self-Hate  
Emotional Constriction  
Psychosis

Objectives

1. Implement a risk assessment strategy that helps clinicians determine which clients present the highest risk for suicide and self-harm.
2. Analyze the concept of suicide “contracts” and communicate their impacts on clients, clinicians, and clinical vigilance.
3. Explain how intent differentiates self-mutilation from suicide attempts and accurately identify the one form of self-mutilation that is a warning sign for potential suicide completion.
4. Implement techniques for effectively intervening in crisis situations and develop a strategy for determining when and how to hospitalize clients.
5. Articulate the role of addictions in the suicidal and self-mutilating population and employ a multi-faceted therapeutic approach that ensures client safety and addresses treatment of the addiction.
6. Determine the purpose behind self-injuring behavior and communicate how alternative coping strategies can be introduced in therapy to help clients manage triggering situations without engaging in self-harm.

Anxiety and/or Depression  
Loneliness, Isolation, Abandonment, Rejection

The Suicidal Population

Suicide Rehearsal - The Seventh Goal of NSSI  
The Ideator  
Suicide Threats for Secondary Gain  
The Attempter/Completer

Assessment of Risk

When to Hospitalize the Ideator  
Six Week Warning Signs for the Suicide Completer  
Six Day Warning Signs For the Suicide Completer

Treatment Considerations for NSSI and Suicidal Populations

Identify the Locus Of Pain  
Empathic Regard  
Provide Alternatives  
The Role Of Motivation  
Reasons For Living  
The Continuous Hope Providing Relationship  
Mindfulness  
Relationship Effectiveness  
Opening Up Your Emotional Door  
Emotional Regulation  
The Safety Plan  
The Crisis Plan  
Avoid “Contracts”

The Therapist as a Survivor of Suicide

Seminar Schedule	
7:30	Registration/Morning Coffee & Tea
8:00	Program begins
11:50-1:00	Lunch (on your own)
4:00	Program ends
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.	

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# Suicide Self-Harm

## Stopping the Pain

Scranton, PA  
November 20, 2019

Allentown, PA  
November 21, 2019

Harrisburg, PA  
November 22, 2019

# Suicide Self-Harm

## Stopping the Pain


Learn from one of the best! **Jack Klott**  
Nationally Recognized Suicidologist, Author, Expert

- Assessment strategies to determine high risk
- Danger - “contracts” with your clients
- Essential techniques with suicidal and self-harming clients
- Learn how “fear of litigation” severely detracts from our ability to help
- When to hospitalize and when to NOT

Scranton, PA • Wednesday, November 20, 2019

Allentown, PA • Thursday, November 21, 2019

Harrisburg, PA • Friday, November 22, 2019

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# Suicide & Self-Harm

## Stopping the Pain

Your client just revealed that she's having suicidal thoughts...what do you do?

Does she have a gun? Has she written letters? Picked a location? Have hope something will change and doesn't want to hurt family and friends?

Asking your client, "where do you hurt?" often reveals the focus of the suicidal intent or the purpose of self-harm behaviors. As a clinician, it's important to remember that even though you view suicide and self-harm behaviors as dysfunctional and maladaptive, your client views them as purpose-driven means of eliminating or managing unbearable levels of pain. For your client, these behaviors are beneficial, attractive, and helpful.

Even the most seasoned therapists struggle to develop an empathic view of their client's devastating methods of managing emotional pain. Learning how to help clients discover the sources of their pain and providing them with healthy options for solving and managing these struggles in their lives is the key to hope.

Through case studies observed in his 45 years as a counselor and suicidologist, Jack Klott brings to life the ideas, theories and concepts you need to help your clients:

- Identify the seven goals of self-harm
- Implement a risk assessment strategy to determine who presents the highest risk for suicide and self-harm
- Recognize the profound danger of engaging in "contracts" with your clients
- Discuss the four essential elements of therapy with suicidal and self-harming clients
- Understand how "fear of litigation" can severely detract from your ability to help the suicidal population

Join Jack for this one-of-a-kind seminar and learn how to help your clients confront the darkness of suicide and self-harm behaviors. Register today!

## Speaker

**Jack Klott, MSSA, LCSW, CSWW, Suicidologist** and national speaker has helped and educated tens of thousands in his 45 years of suicide and self-harm client work. Jack is a 35-year member of the American Association of Suicidology and was a founder of the Michigan Association of Suicidology (where he has been recognized for his contribution to suicide prevention in Michigan). He authored the national best-sellers *The Suicide and Homicide Risk Assessment and Prevention Treatment Planner* (Wiley, 2004), *The Co-Occurring Disorders Treatment Planner* (Wiley, 2006), and *Suicide and Psychological Pain: Prevention That Works* (PESI Publishing & Media, 2012). He is a popular and sought-after seminar speaker on suicide prevention, motivational interviewing, co-occurring disorders and the DSM®. Attendees rave about his unique teaching gift of weaving expertise, passion and compassion into practical, understandable and usable information.

Speaker Disclosure:

Financial: Jack Klott receives royalties as an author for PESI Publishing & Media and Wiley & Son Publishing. He receives a speaking honorarium from PESI, Inc.

Non-financial: Jack Klott is a member of the American Association of Suicidology; and the Michigan Association for Suicide Prevention.

**TARGET AUDIENCE:** Social Workers • Psychologists • Counselors • Teachers • School Administrators  
Marriage and Family Therapists • Case Managers • Addiction Counselors • Therapists • Nurses  
Other Mental Health Professionals



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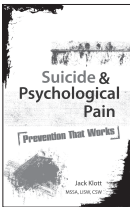
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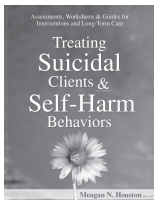
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### Suicide & Psychological Pain Prevention That Works

**By Jack Klott, Your Presenter!**

Identify suicide potential from the latest clinical research on risk factors, the impact of mental disorders, social stressors, and psychological vulnerability. Inside you will find tools to help those individuals who are engaging in self-injury and homicidal behaviors. Filled with specific examples and stories, effective assessments, strategies for treatment planning, and evidence-based interventions this is an essential resource for all therapists.



### Treating Suicidal Clients & Self-Harm Behaviors

*Assessments, Worksheets & Guides for Interventions and Long-Term Care*

**By Meagan N Houston, Ph.D., SAP**

Dr. Meagan N. Houston has created a workbook to prepare you for all the intricacies that affect clients' choices to live or die. Filled with proven assessments, unique worksheets and action-based methods to help your clients navigate and survive the turbulent periods. This complete resource also includes underlying etiology, varying life factors, and mental health concerns that influence suicidal and self-destructive behaviors

## Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. **NOTE: Boards do not allow credit for breaks or lunch.**

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**Pennsylvania Addiction Counselors:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/74771](http://www.pesi.com/events/detail/74771). \*\*No PA ADD available for programs held outside of PA\*\*

**Counselors (NBCC):** Suicide & Self-Harm: Stopping the Pain has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3206. PESI is offering this activity for 6.5 clock hours of continuing education credit.

**Pennsylvania Counselors:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

**Pennsylvania Counselors Suicide ACT 74:** 6.25 clock hour(s) of this activity consists of continuing education instruction in the assessment, treatment and management of suicide risks.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**Pennsylvania Educators & School Personnel:** 6.5 ACT 48 Hours will be made available through Capital Area Intermediate Unit (CAIU) for location(s) in Scranton, PA on 11/20/19 and in Allentown, PA on 11/21/19 and in Harrisburg, PA on 11/22/19 only. Those requesting ACT 48 Hours will be required to sign in and provide their Pennsylvania Certification Number and will receive instructions at the seminar on how to create a free online account with CAIU; only those individuals who have a CAIU online account are eligible to receive ACT 48 Hours.

**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**Pennsylvania Psychologists Suicide ACT 74:** 6.25 clock hour(s) of this activity consists of continuing education instruction in the assessment, treatment and management of suicide risks.

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**Pennsylvania Social Workers:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

**Pennsylvania Social Workers Suicide ACT 74:** 6.25 clock hour(s) of this activity consists of continuing education instruction in the assessment, treatment and management of suicide risks.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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☐ **\$19.95\* Suicide and Psychological Pain: Prevention That Works** book

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